

Smoke-free, tobacco-free products that contain nicotine, flavorings, and other ingredients.

Isers place these small, white pouches between heir upper lip and gum.

hey come in various nicotine strengths and flavors.

he pouches typically last 20-60 minutes before eing discarded.

If you're looking to quit nicotine pouches, you can make that change

Sehavioral Strategies

- Identify and avoid trigger that prompt pouch use.
 Develop alternative copin mechanisms for stress.
- relaxation techniques:
- cxercise regularly to manage cravings

Environmental Changes

- Remove all the nicotine from your environment.
- Inform triends and family about your quit attempt.

While nicotine pouches eliminate many risks associated with smoking, they carry their own health concerns:

- Heart Risks: Nicotine raises blood pressure and heart rate, which increases the risk of heart problems.
- Gum Irritation: Regular use can cause gum inflammation, recession, or damage to oral tissue.
- Dental Issues: Use can lead t tooth discoloration and gum



Many people have successfully quit nicotine If you want to quit, help is available.

- Consult your health care provider about cessation options, such as nicotine replacement therapy (NRT).
- Join counseling programs, support groups
 or online communities geared towards



1-800-QUIT-NOW (1-800-784-8669)



355-DÉJELO-YA (1-855-335-3569



There is no safe way to consume nicotine. How you consume

There is no safe way to consume nicotine may be different, but the consequences are the same.

- Addiction: These products can be highly addictive due to their nicotine content.
- Gateway Risk: Could lead non-tobacco users, especially youth, to develop nicotine dependence
- Withdrawal Symptoms: Users may experience irritability anxiety, and cravings when stopping.



Quitting nicotine is challenging but achievable. Many people require multiple attempts before ucceeding. If one method doesn't work, try mother or combine several approaches. **The rey is to stay committed** to your goal while being patient with the process.

Nicotine is highly addictive, which can make it hard to quit using tobacco.	to understand the potential effects that nicotine pouches may have on quitting smoking.	Researchers need more information	Nicotine pouches have NOT been		
attention, learning, mood, and	Using nicotine as a teen can harm	The risks of nicotine are especially significant when it comes to teens because of its negative effects on			